

# **Dragons in our Dreams and Daring Deeds**

**James Hale, PG,CEO**

**Path Choices**



# Word Association

**Work**

**Happy**

**Anger**



# Anger ...

Teacher

Friend

Joy

***“The world needs anger. The world often continues to allow evil because it isn’t angry enough.”*** --Bede Jarrett



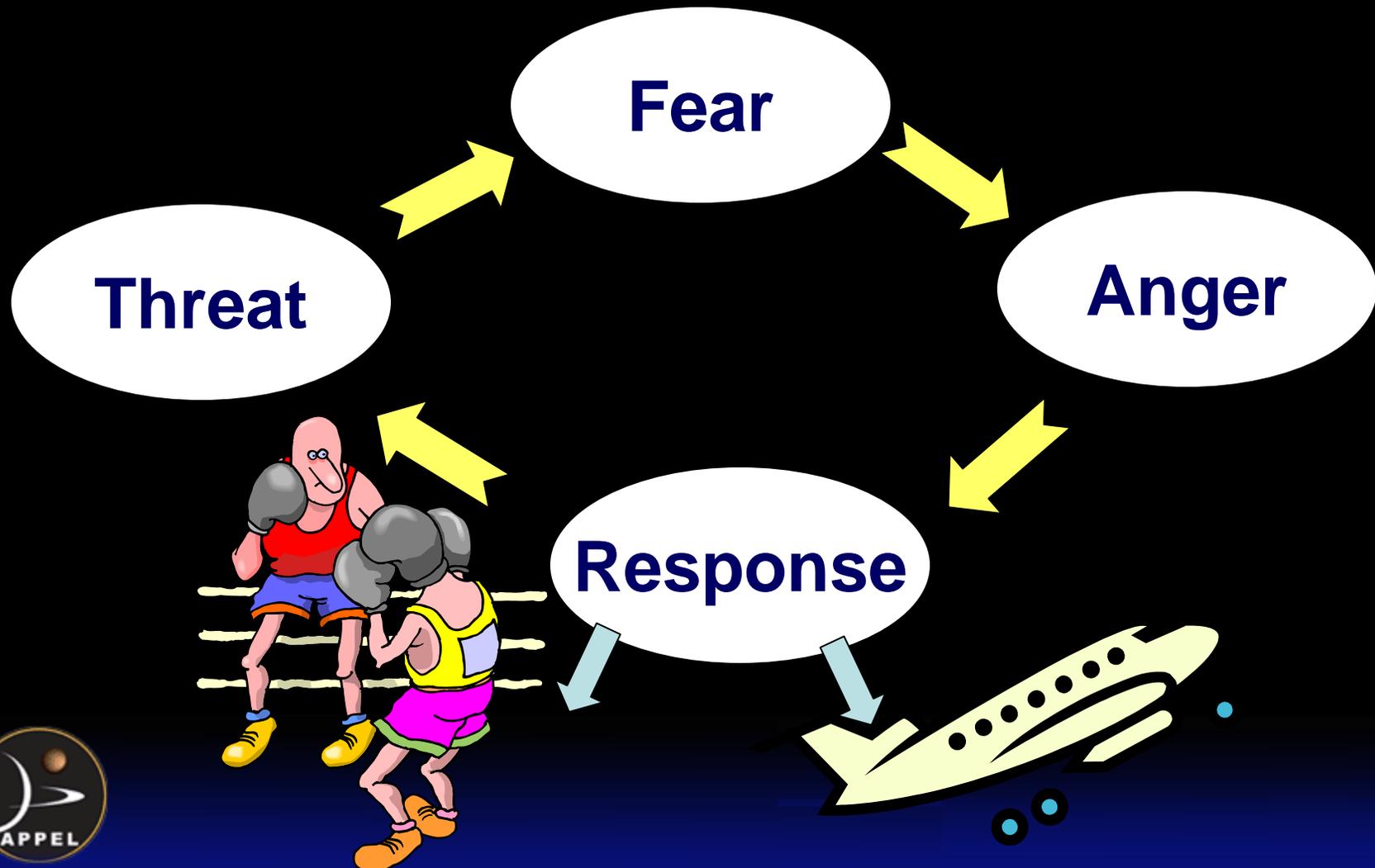
**Anger is a FEELING**

**NOT a behavior**

***“All feelings are okay. All behaviors are not.”*** --Leukemia and Lymphoma Society



# Anger Cycle



# Fear

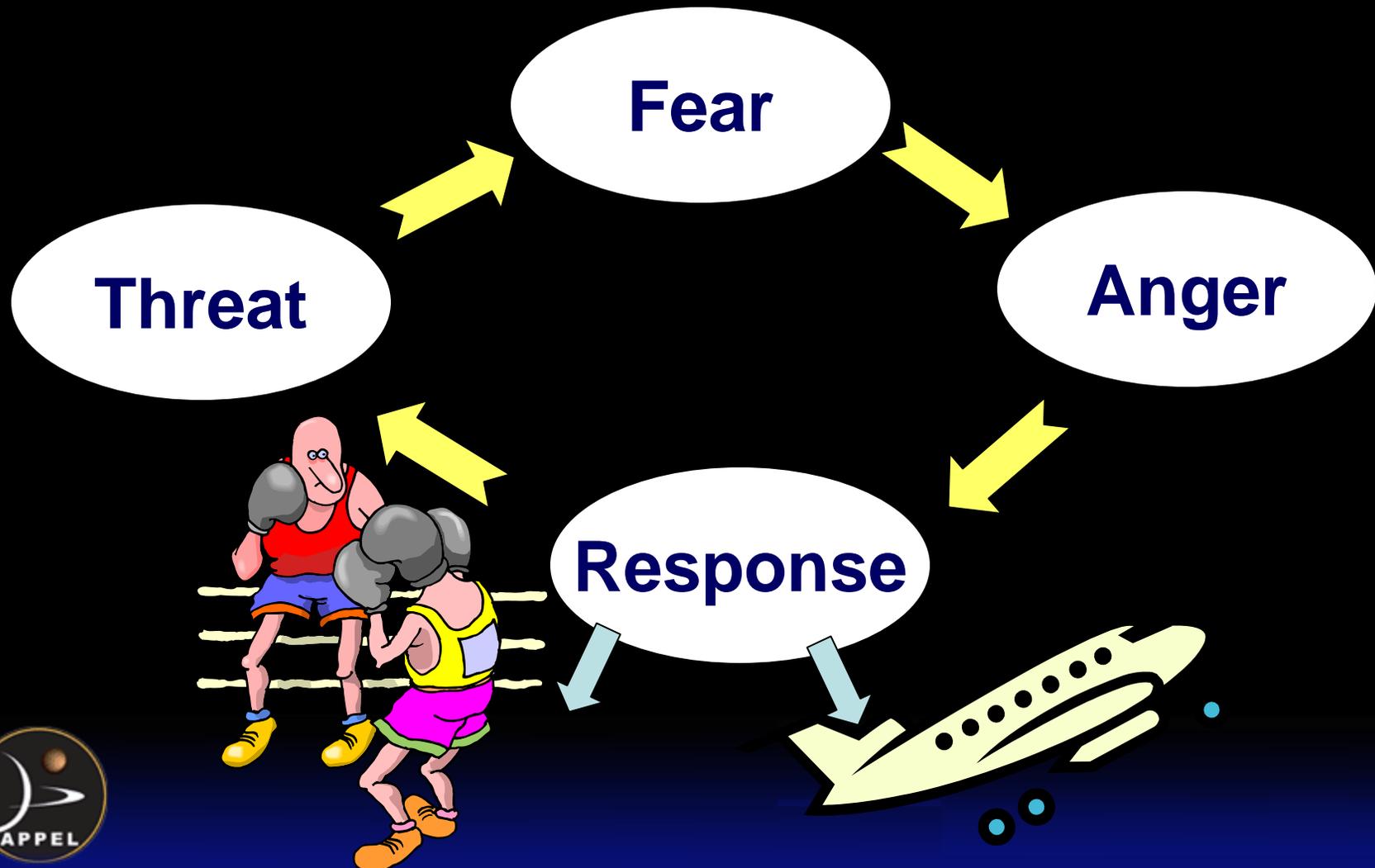
Increased adrenaline  
Increased blood pressure  
Increased blood flow to skeletal muscles, brain, and heart  
Decreased blood flow to face and skin

# Anger

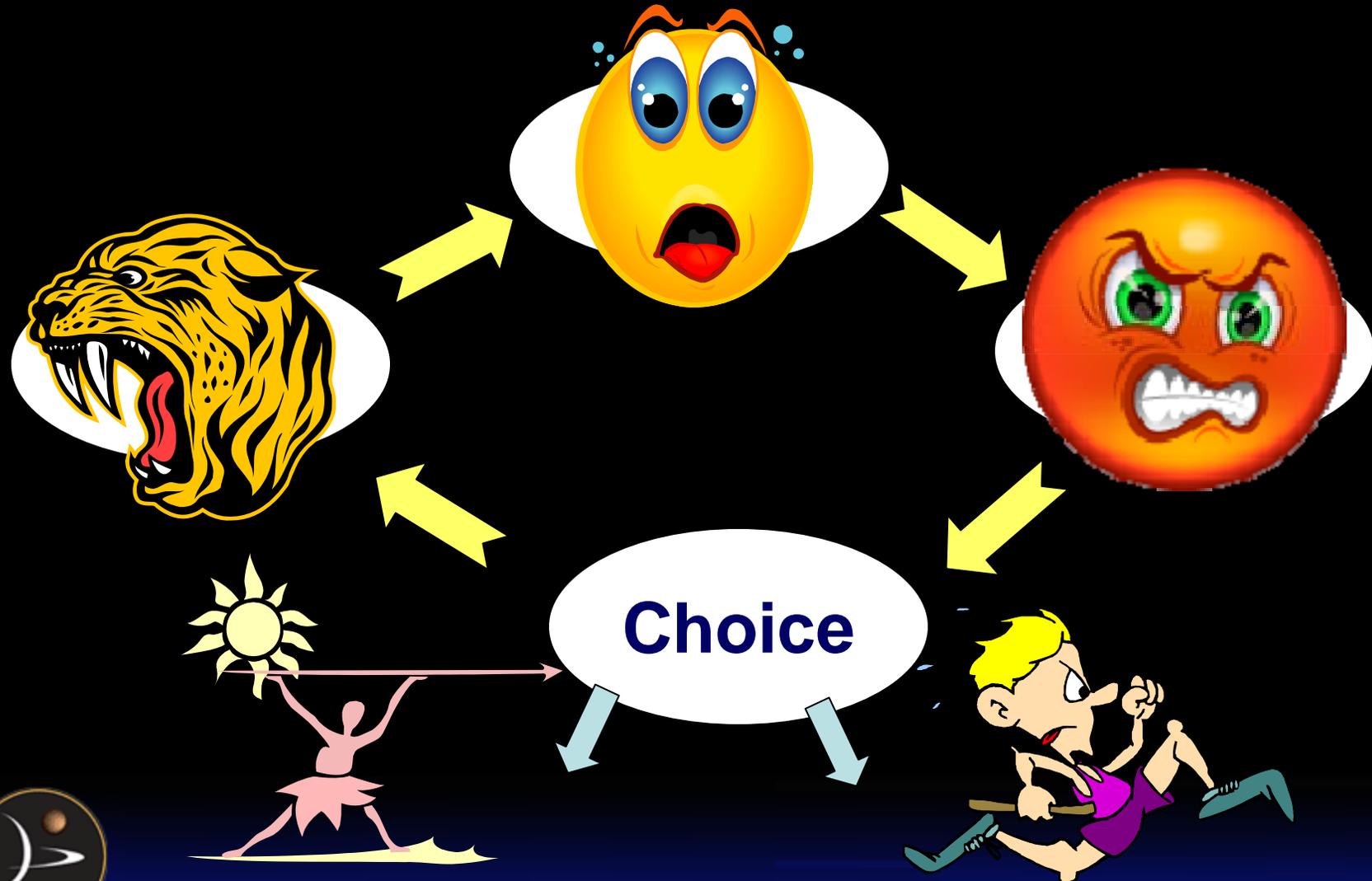
Increased adrenaline  
Increased blood pressure  
Increased blood flow to skeletal muscles, brain, and heart  
Decreased blood flow to face and skin



# Anger Cycle



# Anger Cycle



# Anger Cycle



Choice



# Anger Responses ...

Repression

Suppression

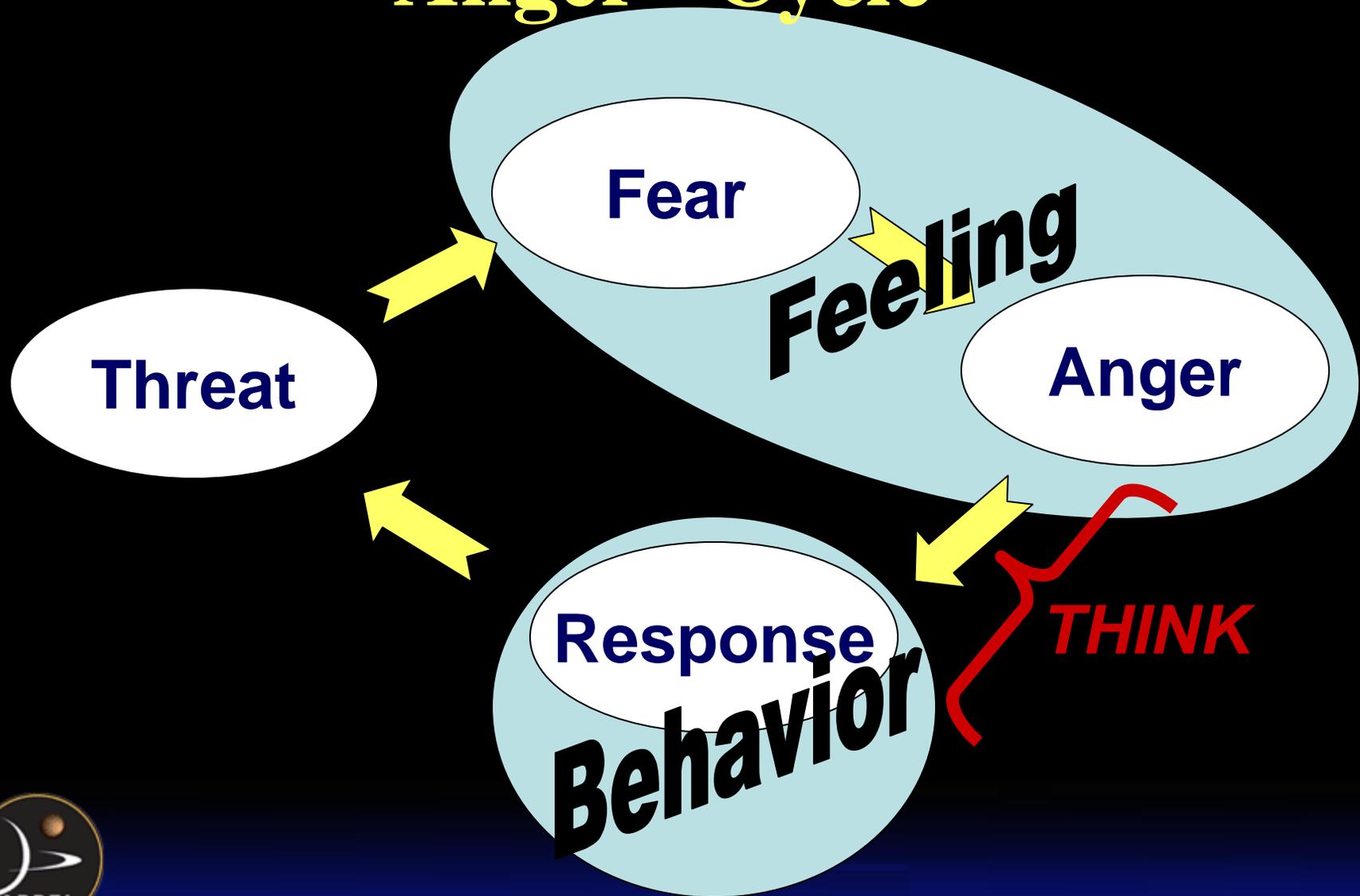
Projection

Diffusion

Misplaced



# Anger Cycle



***THINK ...***

**3 steps**

1. Recognize
2. Analyze
3. Verbalize

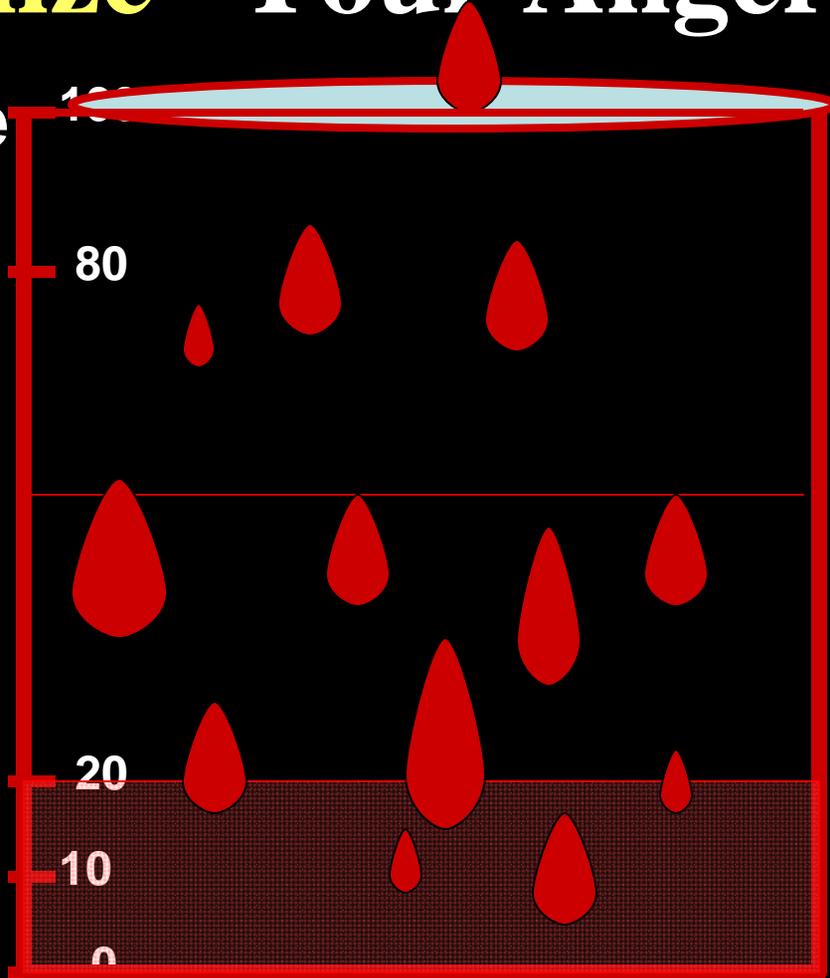


# 1. Recognize Your Anger Sooner

Murderous Rage

*Anger*

Mild irritation



## **2. Analyze** 4 questions:

- 1. What is the target?***
- 2. What was the trigger (fear)?***
- 3. How full is my bucket?***
- 4. What do I want?***



# Anger Triggers

## Attacks on...

*Self*

*Anything that is a part of you physically, intellectually, or emotionally*

*Teams*

*Intelligence*

*Projects*

*Family*

*Values*



# 3. Verbalize

*No put downs or discounts*

I feel \_\_\_\_\_ (feeling)

When you \_\_\_\_\_ (behavior trigger)

Because \_\_\_\_\_ (what I want)



# Anger Policy

- Set anger ground rules:
  - No put downs
  - Person who is angry will not sit on their anger
  - You must have a backup plan
  - Tell others how full your bucket is
  - You must listen
- Angry Employee of the Quarter



# Additional reading ...

***“Dealing with Difficult People”*** Ben Bissell

***“Letters I Never Wrote, Conversations I Never Had”*** Charles B. Bissell

***“The Angry Book”*** Theodore Isaac Rubin

***“Anger: The Misunderstood Emotion”*** Carol Tavris

***“Caring Enough to Confront”*** David Augsburger

***“The Dance of Anger”*** Harriet Goldhor Lerner

